

## S.S.S. CURES BLOOD POISON

Removing the outward symptoms is not all that is necessary to cure Contagious Blood Poison. The virulent germs which produce these external manifestations must be completely driven from the blood before a real cure can be effected. The least faint left in the circulation will sooner or later cause a fresh outbreak of the trouble, with all its hideous symptoms of ulcerated mouth and throat, copper-colored spots, falling hair, sores and ulcers, etc. Only a blood purifier can cure Contagious Blood Poison. Medicines which merely check the symptoms for a time, because of their strong mineral nature, and leave the poison smoldering in the system, have brought disappointment to thousands. The disease always returns after such treatment. S.S.S. cures Contagious Blood Poison and cures it permanently. It goes into the blood, and removes every particle of the poison, making the circulation pure, rich and healthy, no does S.S.S. leave the slightest trace of the disease for future outbreaks. S.S.S. does not contain any mineral ingredient, but is made entirely of roots, herbs and barks, which are most valuable in their blood-purifying properties, and at the same time specifically adapted to building up the entire system. If you have Contagious Blood Poison S.S.S. will cure you because it will thoroughly purify your blood. Home Treatment Book and any medical advice free to all.

THE SWIFT SPECIFIC CO., ATLANTA, GA

## Robson-Belmont Marriage to Unite Art and Finance



New York, Feb. 20.—Few engagements of recent years have attracted so much attention in New York as that of Miss Eleanor Robson, the famous actress, and August Belmont, the well known banker. The wedding will take place some time next month and will be a quiet one at Miss Robson's home in this city. Miss Robson was born in England in 1880 and made her first appearance on the stage in San Francisco in 1897. She began her career as a star at the Garden theater,

New York, about five years ago, playing Mary Ann in "Kismet" and "The Dawn of Tomorrow." Her mother, Mrs. Madge C. Cook, is also a well known actress, who secured a great success as Mrs. Wicks in "The Dawn of Tomorrow." She is to retire from the stage as will Miss Robson after her marriage. Mr. Belmont is a widower, 37 years old. His wife died in Paris in September, 1898. He has three sons and one granddaughter.

## SALT LAKE AND STATE NEWS

### PARDON BOARD IS NOT LENIENT

Considers Appeals From Ogdan Men and Others Commuting Only Three.

Salt Lake, Feb. 20.—Jim Donaldson, who is serving ten years in the penitentiary for grand larceny as a result of his complicity in the McWhirter bunco deal, has withdrawn his application for a commutation of sentence, and the state board of pardons passed it up entirely. Donaldson began his ten-year sentence on January 23, 1909, and has decided, since the district attorney, Fred C. Loufbour, and others interested in his prosecution are against the action, that the time is now inopportune to seek a reduction of sentence.

The board of pardons was not in a mood to free convicts, or even to commute sentences, although out of the large number of applications three were commuted, four were continued for later hearing and the rest were denied. The commutations were:

S. E. Daley, burglary. Convicted in Third district court, Salt Lake county, sentenced November 11, 1907, by Hon. G. G. Armstrong, presiding judge, to five years in state prison. F. C. Loufbour prosecuting. Continued to September 1, 1910.

George Parry, attempt to rape. Convicted in Third district court, Salt Lake county, sentenced December 7, 1901, by Hon. S. W. Stewart, judge, to five years in state prison. F. C. Loufbour prosecuting. Continued to September 1, 1910.

Applications for commutation and parole were denied, as follows:

Thomas Freeman, forgery. Convicted in Third district court, Salt Lake county, sentenced January 11, 1909, by Hon. T. D. Lewis, presiding judge, to one year in state prison. F. C. Loufbour prosecuting. Continued to June.

James Jensen, attempted rape. Convicted in Third district court, Salt Lake county, sentenced October 19, 1909, by Hon. Albert Christensen, presiding judge, to one year in state prison. W. D. Woods prosecuting. Continued to June.

Applications for commutation and parole were denied, as follows:

Thomas Freeman, forgery. Convicted in Third district court, Salt Lake county, sentenced January 11, 1909, by Hon. T. D. Lewis, presiding judge, to one year in state prison. F. C. Loufbour prosecuting. Continued to June.

James Jensen, attempted rape. Convicted in Third district court, Salt Lake county, sentenced October 19, 1909, by Hon. Albert Christensen, presiding judge, to one year in state prison. W. D. Woods prosecuting. Continued to June.

**Not in Milk Trust**  
The Original and Genuine  
**HORLICK'S**  
MALTED MILK  
The Food-drink for All Ages.  
More healthful than Tea or Coffee.  
Agrees with the weakest digestion.  
Delicious, invigorating and nutritious.  
Rich milk, malted grain, powder form.  
A quick lunch prepared in a minute.  
Take no substitute. Ask for HORLICK'S.  
Others are imitations.

Hon. G. G. Armstrong, presiding judge, to three years in state prison. F. C. Loufbour prosecuting. Continued to June 1, 1910.

Applications continued were as follows:

Harvey Bass and William Reese, murder, second degree; convicted in Second district court, Weber county, sentenced May 8, 1905, by Hon. H. H. Rolapp, presiding judge, to thirty and forty years, respectively, in state prison. Colonel Hayes prosecuting. Continued to April meeting.

Henry Watson, burglary. Convicted in Third district court, Salt Lake county, sentenced July 15, 1905, by Hon. G. G. Armstrong, presiding judge, to ten years in state prison. F. C. Loufbour prosecuting. Continued for sixty days.

C. M. Seybold, forgery. Convicted in Second district court, Weber county, sentenced November 13, 1903, by Hon. J. A. Howell, presiding judge, to two years in state prison. Recommendation from bank officials. Continued to May.

George Hubbell, felony. Convicted in Third district court, Salt Lake county, sentenced August 11, 1909, by Hon. T. D. Lewis, presiding judge, to one year in state prison. F. C. Loufbour prosecuting. Continued one month.

James Jensen, attempted rape. Convicted in Third district court, Salt Lake county, sentenced October 19, 1909, by Hon. Albert Christensen, presiding judge, to one year in state prison. W. D. Woods prosecuting. Continued to June.

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James Jensen, attempted rape. Convicted in Third district court, Salt Lake county, sentenced October 19, 1909, by Hon. Albert Christensen, presiding judge, to one year in state prison. W. D. Woods prosecuting. Continued to June.

In Third district court, Salt Lake county, sentenced May 29, 1908, by Hon. T. D. Lewis, presiding judge, to one year in state prison. F. C. Loufbour prosecuting.

Charles Deakin, grand larceny. Convicted in First district court, Cache county, sentenced April 12, 1909, by Hon. W. W. Maughan, presiding judge, to six months in state prison. F. C. Loufbour prosecuting.

The petition for rehearing of J. H. Winslow, Jr., and Charles Murdoch, was denied. Murdoch, sent up from Box Elder county for forgery, was released from the penitentiary early this month. Winslow, who was convicted of grand larceny, was released after a hearing, the matter having been before the board for some time.

## PARK CITY IS AFTER BATTLE

Pocastello May Get Sullivan-Dawson Bout But Ogden Still a Candidate.

The latest in local fight circles is that Park City is making an attempt to get the coming Sullivan-Dawson bout, which has been announced as to be held in Pocastello. One of the Salt Lake papers, recommending Park City because of the fact that it is nearer to Salt Lake and Ogden, and would thus give the fans of these two cities a better opportunity of seeing the fight than if it were held in Pocastello. This may sound all right, but the Ogden folks of the fight game are wondering what's the matter with Ogden as the place for the bout. Surely the large attendance at the Sullivan-Dawson fight was enough to satisfy the most grasping manager on earth, and if anyone believes Pocastello can produce as large an attendance as Ogden to see a good boxing contest, he is entitled to be rudely awakened when the battle is pulled off.

Pet Sullivan has made himself well known and well liked, not only here in Ogden, but throughout the intermediate towns of the fight game and westward. It seems rather slow on the part of the Ogden promoters to allow his bout with Dawson to get away from this city. Dawson is acknowledged one of the classiest lightweights in the country and the bout between him and Sullivan should prove to be one of the best ever held in the state.

## MILLING MEN FORM GIGANTIC COMBINE

Salt Lake, Feb. 20.—Plans for a mill and grain elevator company of Utah and Idaho were completed at a meeting held at the Cullen hotel Saturday night, and this new concern on Saturday acquired nearly one-half of its capital with the purchase of a mill and elevator at Grand, for which it paid \$50,000.

J. K. Mullins, president of the Colorado Mills and Elevator company of Denver who arrived in Salt Lake last Wednesday with his secretary and an elaborate entourage, was the chief promoter of the combine of Utah millers. The men interested with him are A. H. Vogel, a local seedman and grain dealer; B. A. Miller, president of the Intermountain Milling company, and W. O. Kay, of the Utah Grain and Elevator company. The merger will take over the property of the Intermountain Milling company in Salt Lake and the Utah Grain and Elevator company and will also include a string of grain elevators in various parts of Utah and Idaho which are controlled by these companies. The Vogel properties are also included in the deal and it is the intention of the organizers of the merger company to form a consolidation which will eventually control the grain elevator and milling industry of the state.

The property bought by the new concern Saturday is on Fifth South street, extending from Third West to Fourth West street and, with the exception of a small piece at the corner of Third West and Fifth South streets it comprises a strip from Third West to Fourth West streets ten rods deep. Six separate pieces of property are included in the real estate deal, which was made by A. H. Vogel through the Capital Real Estate and Investment company. A lot 10x10 rods at the corner of Fourth West and Fifth South was purchased from Anna M. Lowe. The adjoining lot on the north, 5x10 rods, was bought from T. H. Evans and the next lot, which is also 5x10 rods, was bought from W. B. Martin. A lot next lot, also 5x10, was bought from John Acomb, Jr., and the next lot was bought by Mr. Vogel several weeks ago from Mrs. Jane Anderson. Still another lot, with a frontage of five rods on Third West street and a depth of ten rods, was bought from the Crane company.

A spur track from the Denver & Rio Grande will be extended onto the property through the lot formerly owned by the Crane company and a mammoth mill and elevator plant will eventually be erected on the property. At present the improvement consists of eight houses which will be razed until the milling and elevator company needs the ground on which they stand.

**FAST SWIMMING TIME.**  
Sydney, N. S. W., Feb. 20.—Alex Wickham of Sydney today swam fifty yards in 23.35 seconds. This is a new world's record. Wickham held the fast record of 24.35 seconds for 50 yards a fortnight ago.

After having been twice defeated in her effort to have the stain removed from the name of her son, who was killed during a row involving a number of men connected with the navy, Mrs. J. H. Sutton is justly engaged in formulating plans for a third fight against naval influences. Any one but a mother would long ago have given up in despair.

## SOCIETY

Mrs. Thomas Fitzgerald and daughter, Kittle, have gone to California to spend a number of weeks.

Mrs. McElroy and Miss Maud Hayes of Salt Lake City will be the guests of Dr. and Mrs. E. M. Conroy at the merry hop at the high school this evening.

Mrs. Charles Hollingsworth spent a few days in Salt Lake with her sister, Mrs. H. R. McMillan and Mrs. F. E. Forrester, before going to Los Angeles to visit with another sister, who is spending the winter there.

**CARD PARTY.**  
Ogden Lodge No. 1, Degree of Honor, gave a card party after their meeting Thursday evening.

The lodge expects to install officers at their meeting the first Thursday in March. Besides installation ceremonies, a program will be given and light refreshments served. Each member will be privileged to invite a friend.

W. Seaver's wife and daughter, Rosabel, Mr. and Mrs. Hagar Anderson, Dr. and Mrs. E. M. Conroy and Mrs. D. J. Sheehan heard the Lombard Grand Opera company's rendition of "The Song of the Sea" in Salt Lake City last Friday evening.

Mrs. C. H. Gooding will entertain the Tolstoi Circle at her home, 2103 Adams avenue, tomorrow afternoon.

Mrs. J. E. Carver will give the toast, "Our Country and Our Flag," at the annual banquet of the Daughters of the American Revolution, which will be given at the Bradford hotel in Salt Lake City tomorrow afternoon at 1 o'clock.

**CALEDONIAN SOCIAL.**  
A card party and social will be given by the Caledonians at Union Labor hall tomorrow evening. Members, with their families and friends, are cordially invited to be present.

**MACCABEES.**  
Silver Hive No. 1, of the Lady Macabees, was glad to welcome Lady Redman, a visiting member from Montpelier, Idaho.

Silver Hive No. 1 gives another of their pleasant card parties the afternoon of Washington's birthday at their hall.

Saturday afternoon the young folks who assisted at their installation were entertained by the hive at the Orpheum. The officers occupied boxes by the courtesy of the management of the house and enjoyed the performance exceedingly.

**MARTHA SOCIETY.**  
The members of the Martha society were the guests of Mrs. Joseph Seaver last Monday afternoon. Following the regular business session of the organization an elaborate luncheon was served. Dainty valentines, attentively inscribed, were the place cards. The rooms were beautifully decorated with red and white carnations and other cut flowers, cards and little cups, artistically arranged, completing the pretty decorative scheme.

Mrs. J. H. Spargo will entertain the society at the Virginia Monday afternoon, February 23.

**LADIES' AID.**  
The Ladies' Aid society of the Methodist church will serve a fine dinner and supper tomorrow. The dinner will be served from 11:30 a. m. to 2 p. m., and supper from 5 to 8 p. m. in the church parlors. In the evening an interesting program in honor of the day will be given.

**DR. SKOLFIELD.**  
The ladies of Ogden who attended the lecture to mothers and daughters last Saturday afternoon were more than repaid for going out in the disagreeable storm. Inestimable benefit is derived from the lecture, delivered in Dr. Skolfield's own entertaining way.

More than 200 representative women of Ogden and Weber county were present, and from the intense interest manifested by the audience and the many expressions heard after the committee having it in charge, feel fully repaid for their labors. The girls of the industrial school and the Grifted, Holston, the speakers, guests of the North Weber State Relief society, and the invitation was accepted with much appreciation.

## SENTENCES OF THREE REDUCED

The members of the state board of pardons were evidently in no merciful mood at the recent meeting of that body, held at the state prison Saturday. Of nineteen applications for official clemency, the board granted only three prisoners commutation of sentence. Several other applications were continued. No pardons were granted.

S. E. Daley, convicted of burglary in the third district court and sentenced November 11, 1907, to five years in the state's prison, received a commutation of sentence, to take effect September 1, 1910.

The sentence of Nick Pruessing, convicted of forgery in the third district court of Salt Lake county, was commuted, to take effect June 1, 1910. He was sentenced May 20, 1908, to three years in the state prison.

Applications and Disposition.

The other applications acted upon by the board Saturday follows:

For pardon: J. E. Day, serving one year for burglary in the second degree, denied; Charles Brown, six months for burglary, denied; Alexander Beckstead, fine of \$50 for violating pure food law, denied; James Jensen, one year for statutory offense, continued till June meeting; Robert Turner, four months for burglary, denied; George Hubbell, one year for felony, denied; Thos. Freeman, two years for forgery, denied; Frank Hall, one year for attempted burglary, denied; C. M. Seybold, two

years for forgery, continued to May meeting; Charles Deakin, eighteen months for grand larceny, denied.

Donaldson Withdraws Request.

For commutation of sentence: Henry Watson, ten years for burglary, continued two months; Walter Jones, three years for obstructing railway property, denied; Harvey Bass and William Reese, thirty and forty years, respectively, for murder in the second degree, continued to the April meeting.

The petitions for pardon of J. H. Winslow, serving time for a statutory offense, and Charles Murdoch, serving one year for forgery, were denied.

James Donaldson, convicted of grand larceny in the third district court of Salt Lake county for complicity in the McWhirter robbery and sentenced Jan. 29, 1909, to ten years in the state's prison, Saturday withdrew his application for commutation of sentence.

**TO CURE A COLD IN ONE DAY.**  
Take LAXATIVE BROMO Quinine Tablets. Druggists refund money if it fails to cure. E. W. GROVE'S signature is on each box.

## SHARING YOUR SORROWS AND DIVIDING JOYS

(BY BEATRICE FAIRBAIRN.)

Not one of us realizes how serious a step he is taking when he asks a girl to marry him.

Half the time, what he imagines to be real love is merely a violent fancy, and he gets over it with appalling quickness. Then he has to face the prospect of working to support a woman whom he does not love, all the rest of his life.

When a young man falls in love the first question he should ask himself is, "Can I live without her?"

If his heart answers "no" then he had better get over it with his wits. The next question should be, "Am I good enough for her?"

His conscience will answer that question. Then he should ask himself: "Is she the kind of girl I want for the mother of my children, the kind of girl who will make a good wife and friend?"

If all these questions are answered to his satisfaction he can get ready to pay the person and buy the ring.

It is a good thing to bear in mind that while a girl may make a delightful companion, with whom to spend the evening, she may not prove nearly so delightful as a life-long companion.

I should hate to see any man friend of mine marry the beaver type of girl. From her infancy she is building, build, everything in her tends toward the house and husband that will come to her. She really thinks more of the house than of the husband; he is merely the means to the desired end.

She makes the sort of home that looks to be a model of comfort from cellar to attic, but her husband dare not smoke in it, or leave the newspaper on the floor, or come home late for dinner.

The kind of girl I would be glad to see a man friend marry would not sacrifice the peace of the home to neatness. And yet she would keep her house clean and comfortable.

A woman should keep herself absolutely neat and yet never be so grandly dressed that she must push aside the grubby little hands that cling to her skirts.

And when you go a-wooing, young man, it is well to think of all these things. Take your time about this most important deal of your life.

Twenty-five is the ideal age for a man to marry. He has seen something of the world by that time and knows how to discriminate somewhat between the different types of girls.

He has chosen his calling in life and has made a good start, and best of all, he is old enough to know his own mind.

Granted that you are twenty-five and thinking of matrimony, are you content to give up the frolics of boy and assume the responsibilities of the man?

For marriage is a serious problem—it can be bliss or woe—and it all depends on you and the girl you choose. Sometimes a man will choose a girl utterly unsuited to him; but it would be throwing away words to tell

## American Welders of the Baton Replacing Germans in Orchestra

Chicago, Feb. 20.—Honors crowd these days upon the American who is able to write music that equals European standards. The Thomas orchestra association of this city has lately given an example of distinction that awaits the well trained, thoroughly competent musician. By special invitation the Boston composer, George W. Chadwick, author of many symphonic and lyric works and director of the New England Conservatory of Music, America's largest and oldest school of the kind, has been in Chicago for the purpose of conducting the famous orchestra that has been created as a memorial to the devoted labors of Theodore Thomas. With the skill that comes from long experience and eminent musicianship, Mr. Chadwick led the Chicago musicians through the forms and figures of his own symphonic sketches, an ambitious and technically successful new work which several of the eastern cities have already heard.

It is something new for native Americans of Anglo-Saxon ancestry to wield the baton over one of these great orchestras. In the country that has elapsed since in 1810 Boston's Philharmonic society offered the earliest orchestral concert in this country, an astonishing record exists of conductors from abroad. Few Americans have been sufficiently well versed in all the instruments of the orchestra to take the place of leadership. That frat of American orchestras was organized and conducted by a Hessian flute player, Gottlieb Graupner. Since then some of the great names among American orchestra conductors have been German. Whenever through the efforts of some benefactor of music, an orchestra has been formed, it has been believed that no American could hold the job.

The New York Philharmonic society, which was founded in 1842, owed its origin to its earliest conductor, a native American, the late Ulrich C. Hill, a native of Missouri, who studied in Germany. None of his successors, however, has borne so obviously Anglo-Saxon a name. They have been H. C. Timm, W. Alpers, G. Loder, L. Wiegner, D. G. Etienne, A. Boucher, T. Elfrink, Carl Bergmann, Leopold Damrosch, Theodore Thomas, Adolph Neudecker, Anton Seidl, Walter Damrosch and Emil Paur. In the first years of the Philharmonic's experiment of securing visiting conductors, Americans have certainly not been so prominent as distinguished foreigners, such as Colonne of France, Weingartner, Richard Strauss and Koenig, Hermann, Henry J. Wood of London, Wassili von Safonoff, a Russian, and many others.

Chicago's musical history has been largely conducted by American conductors, to whom a German, who came here in 1891 and gave the best years of his life to the upbuilding of the local orchestra. In Cincinnati Mr. von der Strucken has built up a remarkable organization in Philadelphia the credit belongs to Fritz Schell.

The same circumstance is noted as one looks at the list of conductors of the Boston Symphony orchestra, founded in 1861—George Henschel, Wilhelm Gericke, Arthur Nikisch, Emil Paur, Carl Muck, and Max Fiedler. These leaders, to whom American music owes so much, have all been brought to this country from the other side.

In the meantime a school of American composers has been growing up, thoroughly trained men and women, who know their craft as well surely as the musicians of any nation. These composers, to whom American music owes so much, have all been brought to this country from the other side.

There were two expeditions in the Black Hawk war, one in 1831, when Black Hawk escaped from the pursuers and crossed the Mississippi, and the second in the following year, when Black Hawk returned to the Illinois shore with the determination to remain. Lincoln was made captain of one of the companies which took up the campaign against the Indians. The expedition gave a number of the localities along the route which are still borne in the memory of those who note that twenty-five years after his brush with Black Hawk, Lincoln, when he was coming into prominence, again visited Yellow Banks, and, after making a speech there, came to Burlington by boat. Yellow Banks had become Quakwa, then known as the Yellow Banks, on account of the peculiar coloring of the river shore line. From Quakwa the route was laid to the mouth of the Rock river.

The route will be placed along the route will be of stone, and with suitable inscriptions, and a map of the march will be drawn and copies kept on file among the public records at various points.

Says the Pekin and Tientsin Times: "A sort of crime was discovered by the Tientsin police when a party native was arrested and asked to explain his embonpoint. He had a thieves' bag around his waist filled with dead cats to the number of seven. One of them, a very fine specimen of the tortoise shell, was still quite warm. In a smaller bag was found the lure; it consisted of bits of dried fish, treated with some deadly poison. The man was sent up in the same way where he received thirty blows and one month's imprisonment."

have come to these composers through the annual music festivals in many American cities. Mr. Chadwick, for example, for a long time annually found time amidst his duties as director of the New England Conservatory of Music to conduct the festival at Worcester, Mass., with which the American music season opens each October, and when he finally had relinquished this work it was taken over by Walter Goodrich, dean of the faculty of the same institution and generally regarded as one of the best qualified of the younger American musicians. It is Mr. Goodrich who is just now receiving commendation among the cities of this section for his conducting as a member of the organization of the Boston Opera company, which has been giving performances in Pittsburgh, Chicago, St. Louis, Indianapolis and elsewhere.

In speaking of the small number of Americans among the conductors of American orchestras one of the best known of the local composers that it is foolish to suppose that there has been any discrimination in favor of the Europeans. "Up to recently we simply had the men who could make good in some responsible position," he said. "Germans in particular, a much more rigorous musical training than most Americans are willing to undergo. Service in the military bands gives many of them an expertness that is very unusual here. Of late years the growth of a musical choral training is giving American a chance to get that all around knowledge of the instruments which is necessary to successful conducting of a great orchestra. With the development of orchestras in many American cities the opportunities for a young man who is ambitious to become a musical conductor will increase. Neither will there be need of his going abroad to get the training."

Limited opportunities for conducting

to fix permanently the line of march and the camping grounds planned by the martyr president. The way led across the prairies of Illinois to the Mississippi river at a point near Burlington, then known as Flint Hills. The march was made from Beardstown to Quakwa, then known as the Yellow Banks, on account of the peculiar coloring of the river shore line. From Quakwa the route was laid to the mouth of the Rock river.

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The case is unique in medical records. After repeated cases of typhoid were discovered in families for whom he woman had cooked, the authorities made an investigation which resulted in her detention on a theory that she was a walking reservoir for typhoid germs, harmless to herself, but easily communicated to others.

The Catholic college at Chamberlain, S. D. formerly the government Indian school, burned to the ground early this morning. When the fire was discovered the exits were cut off by smoke. The students and faculty of priests got out in their night clothes by way of the escapes. The building was recently purchased by Bishop O'Gorman for \$26,000.

## TYPHOID MARY FREE AT LAST

Living Receptacle for Germs of Disease is Released After Three Years.

New York, Feb. 20.—"Typhoid Mary," whose real name is withheld at the request of the New York health authorities, is a free woman today after having been confined in city hospitals off and on for three years because physicians said that she was a living receptacle for typhoid germs and a menace to public health. She is a cook and is considered particularly dangerous in that capacity as likely to transmit disease, but, with the understanding that she is to cook no more, the health commissioners announced today that the department had decided to release her.

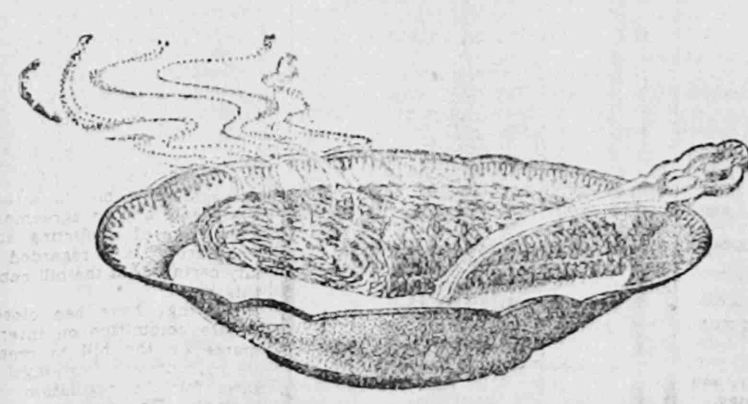
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## Beyond Your Reach?

Don't worry about the foods that are beyond your reach. Cut out the expensive foods for a while. You can get along without them—but you will need something besides starchy vegetables to sustain strength. Make your "meat"

## SHREDDED WHEAT

It contains more real body-building nutriment than meat or eggs. It is more nourishing, costs much less. It is always the same price—always clean—always pure—always the same. Your grocer sells it.



Shredded Wheat Eiscuit is made of the whole wheat, steam-cooked, shredded and baked in the cleanest, finest food factory in the world. It is ready-cooked, ready-to-serve. Two Shredded Wheat Eiscuits heated in the oven to restore crispness, and eaten with a little hot milk, and salted or sweetened to suit the taste, will supply all the energy needed for a half-day's work. If you like it for breakfast, you will like it for any meal in combination with vegetables, baked apples, sliced bananas, stewed prunes or other fruits.

ALL THE "MEAT" OF THE GOLDEN WHEAT